

Angela Facility Aerobics Area Usage  
 April 6-12, 2015

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	6-Apr	7-Apr	8-Apr	9-Apr	10-Apr	11-Apr	12-Apr	
6:00 AM	CLOSED							
7:00 AM								
8:00 AM			Zumba 8:15-9:05		Zumba 8:15-9:05			
9:00 AM								
10:00 AM			Yoga 9:30-10:20		Yoga 9:30-10:20			
11:00 AM					Yoga Club 11:00-12:00		Junior Mom's Yoga 12-Nov	
12:00 PM				Yoga Club noon - 1:00		Yoga Club noon - 1:00		
1:00 PM								
2:00 PM			High Intensity Train 2-2:50		High Intensity Train 2-2:50			
3:00 PM			Piloga 3-3:50	TRX/cross training 3-3:50 personal fitness	Piloga 3-3:50			
4:00 PM				personal fitness Spin/Bootcamp 4-4:50				
5:00 PM	CLOSED		Pilates 5-5:50	stength & conditioning 5:15-6:30pm	Closed	Tennis Banquet 4:30-7pm		
6:00 PM			strength & conditioning 5:15-6:30					
7:00 PM				Yoga Club 7:00-8:00		tennis w/ pete 7-7:45pm		
8:00 PM			Yoga Club 8:00-9:00					
9:00 PM								Yoga Club 8:30-9:30
10:00 PM								
11:00 PM								